

# Eat better Be happier Live longer



FLAX+KALE is a healthy flexitarian restaurant. All the dishes are designed not only to maximize the organoleptic pleasure, but also considering their nutritional value. 80% of our offer is plant-based and the remaining 20% are recipes that contain oily fish. Nowadays there are hardly any doubts about the correlation between a proper diet and a strong illness-free health. We feel passionate about feeding you better thus you can be happier and live longer with an optimal health.

Welcome to the fascinating world of tasty + healthy + sustainable food!

## PLANT-BASED

All the dishes marked with PLANT-BASED are elaborated using only veggie-based ingredients. Plants, vegetables, fruits, nuts and seeds, in their natural state, have the largest amount of vitamins, nutrients and enzymes in nature.

## GLUTEN-FREE

Every gluten-free dish is marked with GLUTEN-FREE. This means that all these dishes are flour free or contain other kinds of gluten-free flours (quinoa, almond, buckwheat, coconut...).

## OILY FISH

Dishes marked with OILY FISH contains oily fish. Those fish contains big amounts of omega-3 essential fatty acids and its nutritional benefits have been widely proved. Our Alaskan wild salmon comes from sustainable fishing, which helps to keep healthy our oceans' ecosystems.

## RAW FOOD

The enzymes and vitamins are sensitive to temperatures above 48°C, dying above 54°C. That's why all the dishes marked with RAW FOOD are raw or have been dehydrated at a temperature below 48°C, in order to maintain all their nutritional properties intact

## PROTEIN F+K

All plant-based F+K PROTEINS are developed by our R&D team in our workshop.

## JOSPER

All dishes marked with JOSPER are cooked in a hybrid between grill and oven that cooks food with charcoal, providing an unmistakable flavour, aroma and juiciness.

We cannot guarantee the absence of cross contamination. If you're allergic or intolerant to any kind of food, please notify us immediately.

# Breakfast

## Savoury

**\*classic avocado toast 3,95€**  
sliced bread with seeds + avocado + cayenne + flax + chia + sprouts.

PLANT-BASED

**Teresa Carles 'Pantumaca' toast 2,95€**

whole spelt bread + tomato + extra virgin olive oil.

PLANT-BASED

**hummus, avocado and poached egg toast 7,50€**

+ tahini + fresh herbs + pistachios + zhug sauce.

**scandal scramble toast 6,95€**

whole spelt bread with seeds + our scrambled eggs + vegetables + mushrooms + feta cheese.

**supreme sandwich 5,00€**

+ mushrooms + herbed goat cheese spread.

**half supreme sandwich 2,50€**

+ mushrooms + herbed goat cheese spread.

**shakshouka 5,95€**

Lebanese-style tomato sauce + spinach + organic egg + eggplant + spring onion + coriander + yemeni zhug sauce + 5 grain bread.

\*homemade gluten-free bread +1,45€

**croissant scramble 6,95€**

whole spelt croissant + scrambled egg + tomato + basil + garlic + spring onion.

**croissant 2,50€**

whole wheat spelt croissant.

PLANT-BASED

\*margarine +0,50€

\*red fruits coulis +0,50€

\*agave syrup +0,50€

**small tuna sandwich 4,95€**

+ truffled mayonnaise + sun-dried tomatoes + basil + radish + micro mezclum.

## Sweet

**peanut butter toast 4,95€**

whole spelt bread with seeds + banana + strawberries + caramelized sesame seeds + pumpkin seeds.

PLANT-BASED

**seasonal fresh fruit salad 4,95€**

assorted mix of seasonal fruits + chia + toasted coconut + orange juice.

PLANT-BASED

GLUTEN-FREE

**homemade coconut yogurt parfait bowl 5,95 €**

+ homemade granola + maple syrup + berries.

PLANT-BASED

GLUTEN-FREE

**choco chia pot 4,50 €**

banana + strawberries + kiwi + toasted sesame + chestnut amazake cream + cacao nibs.

PLANT-BASED

GLUTEN-FREE

**açaí bowl 8,95€**

smoothie: banana + strawberries + homemade cashew nut drink + agave syrup + toppings: blueberries + seasonal fruit + crumble style granola + hemp seeds + goji berries.

PLANT-BASED

GLUTEN-FREE

\*extra cashew butter 0,50€.

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surcharge terrace 10%

## BREAKFAST

# Healthy indulgences

### **moskito 3,50€**

buckwheat flour + cashew mascarpone + plant-based chocolate cover.

PLANT-BASED GLUTEN-FREE

### **coco choco chia 3,50€**

chia and coconut cream + almonds + raw chocolate.

PLANT-BASED GLUTEN-FREE

### **pink lady 3,50€**

buckwheat flour + cashew and lemon cream + beetroot + plant-based white chocolate.

PLANT-BASED GLUTEN-FREE

### **energy spicy bar 2,50€**

almonds + walnuts + raw cocoa + cayenne + pistachios + goji berries + chia + sesame.

PLANT-BASED GLUTEN-FREE

### **vegan cookie 3,50€**

housemade cookie with raw chocolate chips and walnuts.

PLANT-BASED GLUTEN-FREE

### **maple-glazed doughnut 3,50€**

almond flour doughnut (not fried) + coconut flour + cashews + honey + maple syrup glaze

GLUTEN-FREE

### **cinnamon maca roll 3,50€**

buckwheat flour + almonds + cinnamon + maca + 'mascarpone'.

PLANT-BASED GLUTEN-FREE

### **ginger-turmeric doughnut 3,50€**

almond flour doughnut (not fried) + buckwheat flour + walnuts + ginger + cashews + turmeric + plant-based chocolate.

GLUTEN-FREE

## Housemade muffins

PLANT-BASED GLUTEN-FREE

### **vegan pear-chocolate muffin 3,50€**

buckwheat + caramelized pear + chocolate muffin.

### **quinoa-blueberry muffin 3,50€**

quinoa and buckwheat + hazelnut cream + blueberries.

### **matcha muffin 3,50€**

buckwheat and whole grain rice + almond cream + matcha tea + cacao nibs.

### **miso-ginger muffin 3,50€**

buckwheat and whole grain rice + almond cream + coconut milk + ginger + miso.

### **chocolate & orange muffin 3,50€**

buckwheat and whole grain rice + hazelnut cream + banana + cocoa + orange.

## Superfood protein balls

PLANT-BASED GLUTEN-FREE

### **raspberry & rice protein ball 2€**

macadamia nuts + lyophilized raspberry + rice protein + cashews + dates + almonds.

### **matcha & pea protein ball 2€**

tea matcha + pistachios + pea protein + cashews + dates + almonds.

### **orange & hemp protein ball 2€**

orange + raw cocoa + walnuts + hemp protein + cashews + dates + almonds.

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surcharge terrace 10%

## DRINKS

# Specialty coffee

**espresso 1,90€**

**americano 1,90€**

**macchiato 2,10€**

**cappuccino 2,40€**

**latte 2,60€**

**flat white 2,60€**

**iced latte 2,60€**

\* extra shot de café + 1,00€

Ask our staff for our plant-based drink options.

Flax+Kale trusts La Marzocco and Right Side Coffee for their know-how and professionalism on this subject. All our coffees are 100% natural, seasonal and specialty coffees.

# Tea world

**matcha latte 3,50€**

**iced matcha latte 3,95€**

**chai tea latte 3,50€**

**iced chai tea latte 3,95€**

**black chai 2,60€** ECO

**green (sencha) 2,60€** ECO

**red (pu erh) 2,60€** ECO

**black (earl grey) 2,60€** ECO

**rooibos 2,60€** ECO

**masai masala rooibos 2,60€** ECO

**digestive tea 2,60€** ECO

We trust Teterum for their organic and sustainable teas.

## DRINKS

# Cold-pressed juices

### green love 4,95€

apple + spinach + cucumber + lemon +  
parsley + kiwi + ginger.

RAW FOOD PLANT-BASED GLUTEN-FREE

### green slim fit 4,95€

apple + spinach + fennel + rocket + parsley  
+ ginger + kiwi + lemon.

RAW FOOD PLANT-BASED GLUTEN-FREE

### green medicine 4,95€

pear + grapes + cucumber + spinach +  
kale + parsley + kiwi + lemon.

RAW FOOD PLANT-BASED GLUTEN-FREE

### betacaroteno 4,95€

carrot + apple + coconut water + lemon.

RAW FOOD PLANT-BASED GLUTEN-FREE

### forever young 4,95€

carrot + apple + grape + pineapple +  
orange.

RAW FOOD PLANT-BASED GLUTEN-FREE

### passion grapefruit 4,95€

tangerine + apple + grapefruit +  
strawberry + passion fruit + ginger.

RAW FOOD PLANT-BASED GLUTEN-FREE

### bloody tere 4,95€

pear + beetroot + carrot + orange +

PLANT-BASED GLUTEN-FREE

### my sweet horny 4,95€

pineapple + apple + passion fruit + aloe vera +  
maca.

RAW FOOD PLANT-BASED GLUTEN-FREE

### virus killer 4,95€

pear + herbal infusion (thyme, lemon  
verbena, rock tea) + lemon + honey + ginger.

GLUTEN-FREE

### blue diamond 4,95€

apple + pineapple + pear + grape + ginger +  
lemon + spirulina.

RAW FOOD PLANT-BASED GLUTEN-FREE

### the vegan vampire 4,95€

pear + beetroot + carrot + orange + pineapple  
+ lemon + ginger.

RAW FOOD PLANT-BASED GLUTEN-FREE

### detox 4,95€

carrot + lettuce + cucumber + beetroot +  
tomato + fennel + spinach + kale.

RAW FOOD PLANT-BASED GLUTEN-FREE

### digestive elixir 4,95€

osmotized water + lime + blueberries + maple  
syrup + activated charcoal.

PLANT-BASED GLUTEN-FREE

### energy boost 4,95€

osmotized water + cucumber + honey +  
lemon + orange water + flower pollen.

GLUTEN-FREE

## Smoothies

### antiox 4,95€

orange + kiwi + strawberry.

RAW FOOD PLANT-BASED GLUTEN-FREE

### berlin 4,95€

orange + mango + strawberry +  
blueberries + beetroot + activated charcoal.

RAW FOOD PLANT-BASED GLUTEN-FREE

### molokai 4,95€

apple + mango + banana + coconut water +  
spinach + kale + almond butter + basil + mint.

RAW FOOD PLANT-BASED GLUTEN-FREE

## Wellness elixirs

### young coconut 5,95€

ask our staff to open it!

### orange juice 4,50€

### ginger shot 3,50€

100% cold-pressed ginger juice.

### housemade Lemonade slushy 4,50€

lemon juice + agave syrup + osmotized  
water.

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**FLAX+KALE**